

Healthy Living

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WINTER

2014

A MultiCare publication



Go for the
gold
Shawn Johnson did

PAGE 10
Meet her at Do Something Healthy.

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MultiCare Good Samaritan Hospital ~ MultiCare Mary Bridge Children's Hospital
MultiCare Tacoma General Hospital ~ MultiCare Clinics

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The start of a new year can be an energizing time. The holidays are behind us, our resolutions are fresh in our minds, and we know it's just a few short weeks until the days grow lighter and warmer.

This new year, we have something else to look forward to in the next few weeks: the 2014 Winter Olympics. For two weeks in February, the world will be focused on Sochi, Russia, rooting for favorite events and being amazed by both the spectacle and the athletic achievements of the competitors. As an avid skier, I especially look forward to the Olympic Winter Games!

In a happy coincidence, MultiCare will be bringing the Olympic spirit to Tacoma just one day before the Olympics' opening ceremonies. Our 14th annual Do Something Healthy health and wellness event, which will be held the evening of Thursday, Feb. 6, features Olympic gold medal-winning gymnast Shawn Johnson. You can read all about Johnson and this year's Do Something Healthy event on pages 10 and 11.

In keeping with this Olympic spirit, this issue of *Healthy Living* is focused on helping you and your family to be health champions.

On page 6, we talk with some of our oncology nurse navigators about their role as your cancer treatment coach and how they work with patients to create a better care experience. On page 7, learn five training tips that athletes at all levels can use to improve health and performance. We discuss ways for you to incorporate Ready, Set, Go! 5210 into your day-to-day life to help your children grow up active and healthy on page 8; the role of technology in improving health care on page 12; and why even fit women shouldn't overlook pelvic health on page 13.

I hope that you will be able to join us for our Feb. 6 Do Something Healthy event. In the meantime, have a safe, healthy—and active—winter.

Happy New Year,

Diane Cecchettini, RN
President and CEO
MultiCare Health System



MultiCare Health System is a leading-edge, integrated health organization made up of five hospitals, numerous medical centers and urgent care facilities, specialty centers, Hospice and Home Health services, and many other services, including the MultiCare Institute for Research & Innovation. A not-for-profit organization based in Tacoma since 1882, MultiCare has grown over the years in response to community needs. Today, we are the area's largest health care provider, serving patients at dozens of locations in Pierce, South King, Kitsap and Thurston counties. Learn more at multicare.org.

HEALTHY LIVING is published as a community service for the friends and patients of MultiCare Health System, a not-for-profit community organization. P.O. Box 5296, Tacoma, WA 98415-0296. 800.342.9619. multicare.org

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When you choose BridgeSpan Health, you choose MultiCare

Expanded health insurance coverage under the Affordable Care Act started Jan. 1 for those who enrolled by Dec. 15, 2013. If you haven't enrolled yet, it's not too late.

BridgeSpan Health insurance plan includes MultiCare as its exclusive Pierce County hospital and physician network (BridgeSpan coverage is available statewide). BridgeSpan makes it easy to find a plan that fits your needs, budget and preferences. Whatever plan you choose, 100 percent of your preventive health care costs—from mammograms to annual checkups—are covered when provided by MultiCare.

BridgeSpan gives you access to the full resources of MultiCare, including:

- Five South Sound hospitals, including MultiCare Mary Bridge Children's Hospital
- Same-day appointments
- Expert primary and specialty care providers
- Ten convenient urgent care clinics and two Express clinics
- MyChart, which gives you free online access to your health records

For questions about health plans and enrollment, please visit multicare.org/healthreform or call 800.613.4133.

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MultiCare's dynamic, award-winning blog, *MultiCare Vitals*, serves up compelling stories, useful health articles, recipes and more. Fresh content is added multiple times a week, so there's always something new to read. Visit multicare.org/vitals.

Have you signed up for MyChart?

MyChart, a free service for MultiCare patients, gives you secure online access to your personal health information, plus easy-to-use tools that make managing your health care simple and convenient. There's even a free app for iOS and Android. Visit multicare.org/getmychart to sign up.

Chat now at multicare.org

Our online chat feature lets you instantly connect with a real person 24/7. Visit multicare.org/live-chat.

Help keep patients safe from the flu

As the flu season continues, we ask that people who exhibit flu-like or respiratory symptoms avoid visiting patients at any of our hospitals. In some areas of the hospitals, health care providers will screen visitors for respiratory symptoms to ensure a healthy environment for patients.

As of Dec. 15, daily wellness screenings are being done for family and visitors entering our obstetric, pediatric and high-risk nursery areas (NICU, ICN and SCN).

Family and visitors who have symptoms of illness will be asked not to visit.

In the NICU, ICN and SCN units, children under age 14 will also be asked not to visit.

Depending upon the severity of the flu season, additional restrictions may be put into place to help protect our most vulnerable patients. For updates, please visit

 multicare.org/influenza.



Auburn Medical Center is now better connected



On Oct. 1, 2013, MultiCare Auburn Medical Center upgraded to MultiCare's electronic health record, MultiCare Connect®, exactly one year after joining MultiCare Health System.

MultiCare Connect securely stores a patient's entire health history, which gives caregivers at any MultiCare hospital or clinic instant access to the medical information they need to take care of patients.

Now, all MultiCare hospitals and outpatient clinics are linked to MultiCare Connect, which eliminates the need for paper records by storing up-to-date medical information such as medications, allergies, test results and hospital visits electronically.

MultiCare first implemented MultiCare Connect in its clinics in 1998 and is one of the few health systems in the nation to have a completely electronic health record system.

MultiCare Connect also enables patients to view their health record and lab and test results, schedule an appointment, or refill prescriptions using a secure patient portal called MyChart (powered by MultiCare) at home or anywhere they have Internet access.



To set up your MyChart account, visit multicare.org/mychart.

Tacoma General, Mary Bridge honored for making patient care safer

MultiCare Tacoma General Hospital and MultiCare Mary Bridge Children's Hospital were recognized for outstanding efforts to reduce patient harm and improve patient safety during the 81st annual meeting of the Washington State Hospital Association (WSHA) in Seattle last fall.

The two Tacoma hospitals were the only hospitals in the South Sound to earn the 2013 WSHA Safe Care in Action award. The award honors hospitals for decreasing patient harm in 10 key areas through their participation in the Partnership for Patients initiative—a nationwide collaborative effort to reduce the number of hospital-acquired conditions by 40 percent and hospital readmissions by 20 percent by the end of 2013.

By joining this initiative, hospitals and health care providers across the nation pledged to make health care safer, more reliable and less costly—ultimately saving thousands of lives and millions of dollars. WSHA provides member hospitals with training, data, tools and other resources to help them reach these patient safety goals.

More information on the WSHA Partnership for Patients can be found at wssha.org/partnershipforpatients.cfm.





Sleep sacks now at Mary Bridge and Tacoma General

Safe infant sleep has been a hot topic for both families and providers in recent years as we learn more about sudden infant death syndrome (SIDS), suffocation, asphyxia and entrapment. The evidence is mounting that babies sleep safest when we follow the ABCs of safe sleep—Alone, on their Back, in a Crib. The latest studies show a five-fold increase in SIDS when babies under 3 months old sleep in an adult bed (even among breastfeeding, nonsmoking families).

An important part of creating a safe sleep environment is the removal of soft items from a baby's crib, such as bumper pads, stuffed animals and loose bedding, which can be a suffocation risk. An alternative to loose, fluffy bedding is a product often called a blanket sleeper or wearable blanket, like the HALO SleepSack.

To better model safe infant sleep practices for our families, MultiCare Tacoma General and MultiCare Mary Bridge Children's Hospital have transitioned away from the use of swaddling blankets and now use sleep sacks for our hospitalized babies under 1 year of age. The sleep sacks are provided to hospitals free of charge from HALO, which is the leading manufacturer of infant sleep sacks and was founded by a father who lost his child to SIDS.

In addition, the MultiCare Mary Bridge Center for Childhood Safety is giving away a free sleep sack to every baby born at Tacoma General (while supplies last) to further encourage our families to create a safe sleep environment for their babies. This is all part of an expanded emphasis at MultiCare on the importance of safe infant sleep practices.

 For more information about safe sleep for infants, visit our website at multicare.org/mbabysafety.

New Allenmore pharmacy location

In November 2013, the MultiCare Allenmore Hospital outpatient pharmacy moved from inside the hospital to a newer location just outside the hospital, facing 19th Street. It now includes a convenient drive-up window.

Allenmore Pharmacy

1901 Union Ave.,
Suite A252
Tacoma, WA 98405
Phone: 253.459.6746
Fax: 253.459.6251

Hours: Monday through Saturday, 9am to 7pm



Shop Grannies' Attic to support patient care

MultiCare Grannies' Attic Thrift Store offers gently used clothing, home décor, kitchenware, antiques, collectibles, jewelry, books and more.

Run by Celebrate Seniority volunteers, the store is nestled between Safeway and Rite Aid in the Valley Plaza Shopping Center. All proceeds from Grannies' Attic benefit

MultiCare Good Samaritan Hospital programs and services in our community.

Grannies' Attic

1327 E. Main
Puyallup, WA 98372
253.697.7247



Shopping hours: Monday through Friday, 10am to 4:30pm; Saturday, 10am to 2pm

Donation hours: Monday through Friday, 10am to 4pm; Saturday, 10am to 1pm

Game changers

Cancer navigators connect you to services and improve care

BEING DIAGNOSED WITH cancer is overwhelming. Suddenly, you're in a life-threatening situation and often faced with terminology that's complicated and confusing. "Most people don't absorb all the information they're given initially," says Donna Fernandez, MSN, RN, OCN. That's where cancer navigators come in. Fernandez, along with MultiCare's other navigators, including Robin R. Hinckley, RN, OCN, and Yasuko Steffenson, RN, OCN, is there to connect patients with the resources and support they need.

"Patients don't know what they don't know," Fernandez says. "Or even what to ask. Explaining to them what to expect alleviates some of their fear and anxiety."

For an overview, we asked these three MultiCare navigators to explain what they do:

What is your main responsibility?

"The most important part of my job is educating family members and patients how to care for themselves at home," Fernandez says. "They are going to have side effects. And if they don't know what to do, they can end up back in the hospital or have to delay treatment."

What services can you connect patients to?

Social workers, dietitians, naturopathic care, wig fitting, counseling, acupuncture, physical therapy and support groups are just a few, Steffenson says. "And you'd be surprised how many of our patients do not have a primary care physician," she adds. "We do our best to connect them with one."

What's the most challenging thing about your work?

"The most challenging aspects of oncology nursing are also the most rewarding," Hinckley says. "Cancer is a life event that has the ability to turn a person's reality upside down. Oncology nurses have the privilege of accompanying patients through their journey with cancer."

Can navigators actually improve care?

Yes, according to all of the navigators. And there's plenty of research to back that up. "When you take care of basic needs, patients can concentrate on their treatment," Fernandez says. "Outcomes are usually better when that happens."

What's the main message you want patients to know about cancer navigators?

"That we are advocates," Steffenson says.



Team player

Navigators are just one part of your cancer care team at MultiCare. Learn more at multicare.org/cancerteam.



Questions patients ask

Cancer navigators answer hundreds of questions for patients, from the pragmatic to the philosophical. Common questions include these, according to MultiCare's navigators:

- "How soon do I start treatment?"
- "Can I work during treatment?"
- "Am I going to lose my hair? Will it come back?"
- "Will my insurance cover this cost?"
- "Should I take this medication?"
- "Is it OK to have sex?"
- "Am I going to be sick from chemotherapy?"
- "What should I eat?"

MultiCare's cancer navigators can help answer these questions. Ask your provider if a referral is right for you.

5

training tips for the everyday athlete



OLYMPIANS RANK AMONG the best-trained athletes in the world. Yet at the 2010 Winter Olympics, nearly 11 percent of participants met with an injury. Almost half of those mishaps happened during competition, but the rest took place at training sessions. If these hard bodies get harmed while working out, how can you train without doing damage?

Avoid these five mistakes:

O Starting out too fast. Trying to go directly from couch potato to medal winner may leave you out of the game altogether. But you can avoid an upstart injury. Benjamin Grover, a physical therapist at MultiCare Physical Therapy and Hand Therapy Clinic, advises those new to exercise to begin by walking briskly for 30 to 60 minutes a day for a week. Then push ahead in the next week or two with exercises such as standing squats and push-ups. Now you're ready and set to go to a higher-level routine.

O Working out too often. Working out is an athlete's job. But for the recreational sportsperson, too much exercise can lead to overuse injuries. If you want your body to function at the highest level, rest is essential—a minimum of one day off a week—so muscles can recover and heal, says Heather Larue, a physical therapist at MultiCare Physical Therapy and Hand Therapy Clinic.

Some TLC from your PT

MultiCare Physical Therapy services can help you return to competition, or your regular routine, after an injury. Take advantage of sports medicine, physical, aquatic and massage therapy, as well as other services. Call **253.697.2340** to get started.

O Sticking to just one sport or exercise. It's great if you love your workout, but you need to mix it up to avoid wearing specific body parts down. For example, if you're doing strength training, try working your legs one day and your upper body the next and then do core training on the third day. You'll sidestep injury, but also improve your results. "Muscles are smart. If you do the same thing over and over, the body will adapt, and you won't get the same training response after a while," says Larue.

O Wearing the wrong shoes. It's easy to overlook proper footwear, Larue says. But having the right shoes for your sport—even if it's walking—will minimize the impact on your legs and back and lessen the potential for injury.

O Trying to do it on your own. Whether you play a team sport or pursue an individual activity, you shouldn't go it alone. Take advantage of training programs and personal trainers. "A trainer can walk you through all the equipment at their gym and tailor an exercise program to your current ability level," Grover says. "And that helps you stay injury-free."



Not so different. Gold medal winner Shawn Johnson also had to listen to her body. Read more on p. 10.

raising your champions



READY, SET, GO!
5 2 1 0

**Raise
a 5210
champion**

How can you raise kids who are champions of the healthy 5210 lifestyle? Following these tips from Lily Koblenz, MD, and Peggy Norman, MS, RD, CDE, can help you get started.



5

servings of
fruits and
vegetables

**Eat a fruit or vegetable,
or both, at every meal
and snack.**

**Keep a cooler in the
car stocked with a few
pieces of fruit, car-
rot sticks and bottled
water to get you home
from school or to prac-
tice without stopping
at the quick mart.**



hours or
less of
recreational
screen time

**Set aside some des-
ignated screen-free
time—for example, no
screens between af-
ter school and dinner.**

**Model good behav-
ior for your children by
abiding by the screen
limitation rules you
set for the family.**

WE ALL WANT to raise our kids to be strong and healthy, and, as a nation, we've been making progress. After decades of increases, the Centers for Disease Control recently reported that obesity rates in low-income preschoolers had dropped between 2008 and 2011 in 19 of 43 states surveyed, including Washington.

That's great news. But with statistics showing over 25 percent of children in our state still overweight or obese, there's still a lot of work to be done.

For more Ready, Set, Go! 5210 information and resources for your family, visit multicare.org/5210, or email 5210@multicare.org.



1
hour or more
of activity

Don't rely exclusively
on team sports for
physical activity, as
they are not always ac-
tive or available.

Walk your child to
and from school, which
benefits you both.

sugary
beverages

Don't buy drinks with
added sugar and don't
keep them in the house.

Healthy kids and families: Ready, Set, Go!

In 2011, MultiCare came together with other community organizations to kick off the Ready, Set, Go! 5210 initiative in Pierce County. Modeled after a very successful community-wide program (Let's Go! Maine), 5210 promotes healthy lifestyle choices using a simple guide for children, youth, adults and families to follow:

- 5 servings of fruits and vegetables
- 2 hours or less of recreational screen time
- 1 hour or more of physical activity
- 0 drinks with added sugar

"5210 attempts to give families a basic framework that they can use to help all members of the family develop healthy lifestyle habits that hopefully they will continue for their entire lives," says Lily Koblenz, MD, with MultiCare Mary Bridge Pediatrics – Tacoma. "The idea is that in order for a family to be physically and emotionally healthy, they need to learn healthy eating and physical activity habits that they can stick with."

"Eating lots of fruits and vegetables, drinking more water and low-fat milk, and being physically active are key ingredients in growth and development," says Peggy Norman, MS, RD, CDE, Program Coordinator for MultiCare Mary Bridge's Pediatric Weight and Family Wellness Clinic. "Children who eat well and are physically active are more likely to become teens who enjoy that lifestyle...and healthy teens become healthy adults."

Easing into it

Both Norman and Dr. Koblenz acknowledge that drastic lifestyle changes can be overwhelming and hard to maintain. Incorporating one 5210 message at a time into your family's life can help ease the transition. Which you incorporate first into your family, though, depends on what areas of health your family most needs to improve.

"I often will suggest starting by stopping the sweet liquids," says Dr. Koblenz. "It is a cheap and relatively easy change to make and it can make a huge difference."

"My No. 1 would be being physically active one hour or more a day," says Norman, "but if you are a family that is consuming a case of soda a week, that would rank No. 1 for you."

Not just for kids

Although the Ready, Set, Go! 5210 initiative is reaching out to schools and other organizations where kids spend time, both our experts agree that this is not just a message for children.

"It is crucial that parents adopt healthy lifestyle changes themselves and serve as role models for their children," says Dr. Koblenz. "If a child grows up in a home where parents are physically active and eating healthy meals, including lots of fruits and vegetables, the child will most likely grow up to do the same. I think that families need to work as a team."

And, says Norman, "We adults need 5210 just as much as the kids. We want healthy active engaged lifestyles too!"

"The emphasis needs to be on long-term development of healthy lifestyle habits for all members of the family," says Dr. Koblenz. "No quick fixes. No radical diets. Just slow, positive change."



Go for the

gold

Meet Olympic champion Shawn Johnson

YOU SAW HER beaming in Beijing as she went for—and won—Olympic gold. You saw her waltz away with the mirror ball trophy on ABC's *Dancing With the Stars* (DWTS). Now you and your daughters can see world champion gymnast Shawn Johnson shine in person as the featured speaker at MultiCare's 2014 Do Something Healthy event.

This celebration of good health, now in its 14th year, is hosted by MultiCare Center for Healthy Living. Johnson will be on hand to help inspire girls and their families to focus on health and wellness—and to go for the gold in their own lives.

"We asked Shawn to speak because she is an inspiration for young girls to be active, to work hard but also to have fun as they follow their dreams," says Trixy Dorn, Community Events and Program Coordinator for the Center.

Girls, they wanna have fun

For the fun of it and to channel their daughter's high energy—that's why Shawn Johnson's parents enrolled their 3-year-old dynamo in a gymnastics program in West Des Moines, Iowa, in 1995. Johnson quotes her mom as saying, "The wild child just needed something to do!" Back then, the dream of Olympic gold was years away. Johnson just wanted to have fun—and gymnastics was more fun than anything.

Of course, not everyone discovers a passion so young. But early and late bloomers alike can use these golden rules for finding and following their dreams:

Listen to your heart. When Johnson was 6, her gymnastics coach said she lacked talent. But



More gold for Shawn Johnson

- Her golden retriever, Tucker
- The Chinese name her Olympic coach gave her: Golden Flower
- Her likeness at the 2008 Iowa State Fair—sculpted in golden butter

she loved flying through the air, so off she went to a new coach and a new gym. There, she put her heart into mastering—level by level—the skills she needed to become the best at what she loved.

For any girl who hears “You can’t do it,” Johnson’s advice is to set your sights high, to never give up and to spend time with people who *do* support your goals. Not sure what your heart is telling you? Try journaling, as Johnson has done since grade school. Writing about your values, hobbies, favorite subjects, and whether you like going solo or teaming up may help you identify your passions.

Learn to make good choices. Having a healthy body is one key to turning dreams into reality. At every age, that means choosing to eat right and exercise. Both can help with something American girls tend to focus on: body image.

Even though Johnson grew up eating right and loved being active, she’s no stranger to body image worries. At age 10, she heard something many young gymnasts do: “You need to lose a few pounds.” Later, as a teenager entering puberty (just as she began DWTS), her maturing body was scrutinized and publicly criticized. Though she knew she was a normal girl, new curves and all, the criticism stung. Johnson

Do something healthy, girls!

Come out and “Do Something Healthy” on Thursday, Feb. 6, at the Greater Tacoma Convention and Trade Center. Plan to arrive by 6pm for a health fair featuring exercise and nutrition information as well as health and wellness screenings for the whole family (doors open at 5:30pm).

Look for fun giveaways and interactive booths by MultiCare and numerous community partners, including the YMCA of Pierce and Kitsap Counties. At 7pm, a moderator will host a chat with Shawn Johnson. Afterward, Johnson will be available to sign her book, *Winning Balance*, which will be available for purchase.

“This is a really fun family event, and we’ve sold out the last three years,” says Trixy Dorn, Community Events and Program Coordinator for MultiCare Center for Healthy Living. So don’t wait—register online at multicare.org or call 800.485.0205. Tickets are \$10 for adults and \$5 for kids 18 and under.

believes her parents’ focus on healthy eating and their unwavering support—including telling her she’s beautiful—helped her make the healthy choice to ignore childhood criticism that could have led to an eating disorder.

Supportive parents can also help their daughters make healthy choices in the face of another powerful force: peer pressure. One way to help girls resist it and stand up for their beliefs is by role-playing tricky situations, like how to say no to alcohol and how to safely support someone who’s being bullied.

For Johnson, there’s one choice she always makes: taking her parents’ advice to follow the golden rule. As she writes in her memoir, *Winning Balance*, “Though [my parents] tolerated my daredevil antics and wholeheartedly supported my passion for gymnastics, they always made it clear they were most concerned about the way I treated other people.”

Be open to new things. At age 18, the girl whose hard work and passion took her to the top of the 2008 Olympic podium injured her knee skiing. When she realized her body could no longer withstand the demands of gymnastics, Shawn Johnson gracefully retired from her beloved sport, ending her dream of winning gold in the 2012 Olympics. Fortunately, while gymnastics was her passion, it was never her whole life. “If one activity becomes everything to you, you may have nothing left if you lose it,” she writes.

Nutrition services at MultiCare Center for Healthy Living

Making good nutrition choices is what it’s all about at MultiCare Center for Healthy Living. There, professional dietitians work one-on-one with clients and offer a range of services geared toward weight loss, wellness and fitness, including:

- Metabolic rate testing
- Body composition analysis
- Nutrition counseling

Wellness services are also available through the Healthy@Work Corporate Wellness Program. Companies choose from a variety of classes and health screenings to be held at their business sites. The goal? Improve employee health while reducing bottom-line costs. For program information, call 253.301.5093.

Always open to new things, Johnson has channeled her energy into supporting the U.S. Olympic team, competing again as a ballroom dancer, and speaking to young people about the fun of staying healthy and fit. She looks forward to sharing more about where she’s been—and where she’s going—with girls and their families in our community. Don’t miss this golden opportunity to “Do Something Healthy” with Shawn Johnson.

Dream team

Health care and technology

TODAY'S OLYMPIC ATHLETES are faster and stronger than those from generations past. But hard work isn't the only thing helping athletes surpass their predecessors. Technological advances, from fiberglass poles in pole vaulting to clap skates in speed skating, have also played a role.

Technology has also had a significant impact on health care, providing new tools to help doctors diagnose and treat patients more accurately and effectively.

Robotic-assisted surgery is one such advancement. Originally adopted for urologic surgeries, today robotic-assisted surgery is also used for gynecologic, bladder, pelvic, renal and abdominal procedures.

Building a better tool

In robotic-assisted surgery, a surgeon controls special surgical tools and a camera inserted via small incisions. It's an improved version of another minimally invasive procedure: laparoscopic surgery.

"Laparoscopic surgery was limited to easy and moderately difficult surgical



Delicate control: Robotic technology acts as a fine-tuned extension of a surgeon's skilled hands.

procedures because the instrumentation has no finger, wrists or elbow," says Douglas Sutherland, MD, Medical Director of MultiCare Urology.

Robotic tools, however, mimic the human wrist, enabling surgeons to perform finer motions and complete more complicated surgeries—such as prostate removal—laparoscopically. They also provide greater visibility and magnification of the surgery site.

"The robot has broadened the types of surgeries that could be done laparoscopically, because it makes it possible to perform

more complex surgical tasks," says

Ken Haberman, MD, a urologist with Surgical Associates NW who performs robotic-assisted surgery at MultiCare Auburn Medical Center.

What do these things mean for the patient? Generally, smaller incisions, less bleeding and a faster recovery time than a traditional open surgery.

"Many patients

go home the same day or the day after surgery," says Dr. Sutherland. "This simply does not happen after open surgery."

More than one tool in the toolbox

Both surgeons caution that robotic-assisted surgery may not always be the right choice—it's simply another option surgeons can consider when making treatment decisions.

"The robot is just a technology for surgeons to use while performing surgery," says Dr. Haberman. "For certain surgeries, there are clear benefits to the robot."

"Surgeries that require suturing and reconstruction of delicate body parts benefit most," agrees Dr. Sutherland, "such as surgery to remove a kidney tumor."

Experience matters

Modern speed skates help skaters go faster, but they can't win races on their own. Similarly, while the robot can provide benefits for some surgeries, the skill and training of the surgeon matter most.

How much training? That can be hard to answer, and universal criteria haven't been defined. So if robotic-assisted surgery is in your future, discuss it in detail with your surgeon, and make sure you are comfortable with his or her skill and experience.

Robotic-assisted surgery now in Auburn

MultiCare was the first to introduce robotic-assisted surgeries in the South Sound, and our surgeons are among the most experienced in the region. Now, our premier robotic-assisted surgical program is available at MultiCare Auburn Medical Center.

Specially trained surgeons, including urologists Ken Haberman, MD, and Anthony Caruso, MD, of Surgical Associates NW, offer a variety of procedures using Auburn's new da Vinci Surgical System.

Learn more at multicare.org/robotics.

Stop racing to the restroom

IF YOU'VE EVER leaked a little—or a lot—of pee while jumping rope, running, lifting weights, or doing other strenuous physical activity, know that you're not alone. Stress incontinence, where urine leaks out when certain stresses are put on the pelvic floor muscles, happens to many women. But you shouldn't let this problem sideline your fitness goals, as there are a number of steps you can take to keep your workouts, and other daily activities, pee-free.

Pelvic floor peril

Most stress incontinence is caused by a weakening of the pelvic floor muscles, either through age, pregnancy and childbirth, or other pelvic trauma.

"Normally the urethra is well supported by the pelvic floor muscles," says Jeffrey Clemons, MD, a urogynecologist with MultiCare Urogynecology and Pelvic Reconstructive Surgery.

But if these muscles are weakened, he continues, the urethra—the small tube that you urinate from—gets pushed out of position. Then urine can leak out when you engage in activities that put extra pressure on the pelvic floor muscles, such as coughing or sneezing, repetitive jumping, running, or lifting heavy loads.

Fortunately, stress incontinence is extremely treatable, with options that range from physical therapy to surgery.

More than Kegels for treatment and prevention

Most of us have heard of this pelvic floor strengthening exercise. When done properly, it can be an effective treatment for, or preventive measure against, stress

incontinence. Pelvic floor muscles support the uterus, bladder and other organs, so it is important to keep them strong.

"The Kegel is a part of it, but not all of it," says Connie Trunk, a physical therapist with MultiCare Physical Therapy who specializes in pelvic floor therapy. Building strength through a contraction exercise like the Kegel is only one element for healthy pelvic floor muscles.

"The pelvic floor needs to be able to do three things," she says. "Contract, relax and lengthen. All three elements must work properly for normal pelvic floor function."

In addition to Kegels, Trunk also works on areas such as patients' posture and core stability, as well as teaching them the correct body mechanics for performing everyday activities.

"Walking is also a very good thing" for improving pelvic floor stability, says Trunk, because of how all the muscles in the pelvis, hips and legs work together.

The exercises that can help treat stress incontinence can also help prevent it, and Trunk encourages women to be aware of their pelvic floor health early on and incorporate pelvic floor exercises into their routine before they experience issues. Losing weight can also help take unnecessary stress or pressure off these muscles.

"Even 5 to 10 pounds can help," says Trunk.



MultiCare Urogynecology and Pelvic Reconstructive Surgery can help you find the right solution for your pelvic floor issues. Visit multicare.org/pelvicmedicine to learn more.

When physical therapy isn't enough

Aside from physical therapy, there are several effective, minimally invasive options to treat this issue.

One option is to use a small ring-shaped device called a pessary, which is placed inside a woman and supports the urethra.

When surgery is required, a common surgical option is the placement of a polypropylene urethral sling, which also supports the urethra so that it can function normally. "It's highly effective and durable," says Dr. Clemons.

The sling is placed intervaginally during a 30-minute procedure, requiring little downtime.

"You can accomplish these so quickly," says Dr. Clemons. "And patients recover quickly."

Not a given

Though stress incontinence is not uncommon in women, rest assured that just because you've had a child or are growing older does not mean a guarantee of stress incontinence in your future.

"If you take all the women who have had children vaginally," says Dr. Clemons, "perhaps 10 percent will need treatment for stress incontinence."



Ready, Set, Go! 5210

Ready, Set, Go! 5210 is a community-based initiative to promote healthy lifestyle choices for children, youth and families. It is made possible by a partnership between MultiCare Mary Bridge Children's Hospital, ACHIEVE and multiple community partners.

5210 means that every day you should aim for:

- 5 servings of fruits and vegetables
- 2 hours or less of recreational screen time (TV, computers and video games)
- 1 hour or more of physical activity
- 0 drinks with added sugar. Drink more water and low-fat milk.

See page 8 to learn more about the benefits, and visit lets-go.org for additional resources. Or visit multicare.org/5210. (The Ready, Set, Go! 5210 program is adapted from the Let's Go! program in Portland, Maine.)

Smart steps FOR A HEALTHY LIFE

Take control Education and support for managing your health and safety

Heart Healthy Eating Class

Perfect for anyone with a personal or family history of heart disease or high cholesterol. Learn how fats, cholesterol, carbohydrates and salt affect heart health, plus how to look out for your heart at the grocery store and in restaurants.

Fee: \$30/person; \$45/couple
MultiCare South Hill Clinic, 253.697.8141

Diabetes Education

A variety of education programs, including insulin pump instruction, and individual appointments are available. Program costs may be covered by your insurance plan. Doctor referral needed.

- Tacoma, Gig Harbor, 253.403.1726
- South King County, 253.372.7010
- Auburn, 253.333.2580
- East Pierce County, 253.697.2801

Pulmonary Rehabilitation

Classes for adults with chronic lung conditions. Cost may be covered by insurance.

- MultiCare Allenmore Hospital, 253.459.6623
- MultiCare Auburn Medical Center, 253.333.2559

Heart Failure



A series of free classes to better understand and manage heart failure is now offered to patients and families. The six-module series topics include Understanding Heart Failure, Self-Care and Risk Factors, Nutrition/Cooking, Heart Failure Medications, Exercise, and Advanced Care Planning.

Tuesdays and Thursdays, 11 a.m.

MultiCare Tacoma General Hospital, 8 Phillips Education Classroom

Contact Kathy Ueland, Heart Failure Clinical Coordinator, at 253.403.4459 with any questions or to enroll in the classes. See multicare.org/calendar for details.

Aquatic Therapy Rehabilitation

MultiCare Rehabilitation Specialists, 253.459.6999

Staying Safe: First Aid

Understand standard first aid and adult CPR. Certification requires written and skills exams. American Red Cross, Tacoma, www.rainier-redcross.org

Cardiac Health & Rehabilitation Program

Medically monitored exercise therapy and lifestyle education about risk-factor reduction, medications, nutrition and stress reduction for patients who have had a heart attack, cardiac bypass surgery, angioplasty/stents, heart valve surgery or angina. Doctor referral needed.

- MultiCare Auburn Medical Center, 253.333.2559
- MultiCare Tacoma General Hospital, 253.403.1058
- MultiCare Gig Harbor Medical Park, 253.403.1058
- MultiCare South Hill Clinic, 253.697.8141

Lymphedema Networking Group

Meet other people with lymphedema and share information and your own stories.

Every second Wednesday, 7 p.m.
Good Samaritan Cancer Center, Conference Room
400 15th Ave. SE, first floor,
253.697.4899

Stretch and Strength for Cancer Survivors

Eight-week session, Tuesdays, 9 to 10 a.m.

Dr. Richard C. Ostenson Cancer Center at Good Samaritan, 253.697.4899

Comfort Therapy Program

Comfort therapy includes massage and Reiki treatments for patients and caregivers.

Dr. Richard C. Ostenson Cancer Center at Good Samaritan, 253.697.4899

Healthy Steps—Moving You to Better Health with the Lebed Method

A therapeutic exercise and movement program to help regain range of motion and balance both physically and emotionally, reduce swelling from lymphedema, and improve overall health. Available to those with breast cancer and other cancers, chronic illness, and lymphedema.

Every Wednesday, 5:30 to 6:30pm
Dr. Richard C. Ostenson Cancer Center at Good Samaritan, 253.697.4899

Gentle Pilates for Cancer Survivors

- Eight-week session, Mondays, 5:30 to 6:30pm
- Eight-week session, Fridays, 8:30 to 9:30am

Dr. Richard C. Ostenson Cancer Center at Good Samaritan, 253.697.4899

Knit for Life

Support and enhance the lives of cancer patients and their caregivers with the gentle and healing experience of knitting. Patients and caregivers can come together to share experiences and concerns in a relaxed and supportive environment. No registration required.

- Tuesdays, 10:30am to 12:30pm, MultiCare Regional Cancer Center Medical Oncology Clinic, Auburn
- Tuesdays, 1:30 to 3:30pm, MultiCare Regional Cancer Center Medical Oncology Clinic, Tacoma General Hospital
- Every other Wednesday, 10:30am to 12:30pm, MultiCare Regional Cancer Center Medical Oncology Clinic, Gig Harbor

Look Good... Feel Better

An American Cancer Society program for female patients going through chemotherapy or radiation to learn to enhance their appearance using makeup, wigs, scarves and turbans.

- Every third Monday, 2 to 4pm, Dr. Richard C. Ostenson Cancer Center at Good Samaritan
- Every second Tuesday, 2 to 4pm, MultiCare Gig Harbor Medical Park
- Every fourth Wednesday, 1 to 3pm, MultiCare Regional Cancer Center, Katterhagen Room, Tacoma

Registration required. Call 800.227.2345 to reserve a spot.

Check your health

Screenings to help you stay healthy

Breast Health and Bone Density Screenings

Comprehensive DXA screening for osteoporosis as well as everything you need for breast health: mammography, ultrasound, stereotactic biopsy, clinical breast exams and education.

- MultiCare Auburn Clinic (Cross Street), 253.792.6220
- MultiCare Auburn Medical Center (Division Street), 253.792.6220
- MultiCare Covington Medical Center, 253.792.6220
- MultiCare Gig Harbor Medical Park (DXA screening and breast health screening only), 253.792.6220
- Carol Milgard Breast Center in Tacoma, 253.759.2622
- Diagnostic Imaging Northwest-Puyallup Imaging Center, 253.841.4353
- Diagnostic Imaging Northwest-Sunrise Imaging Center, 253.841.4353
- Diagnostic Imaging Northwest-Bonney Lake Imaging Center, 253.841.4353

Heart Check Screening

A personalized consultation with a cardiac prevention specialist. Includes heart disease risk analysis and basic lab tests. Fee: Starts at \$55

- MultiCare Tacoma General Hospital, 253.403.1726
- MultiCare Covington Heart Center, 253.372.7010
- MultiCare South Hill Clinic, 253.697.8141

MultiCare Immunization Clinic at South Hill Mall

For adults and children. Call for current schedule. 253.403.1767 (children) 253.697.1426 (adults)



Unless otherwise noted, visit multicare.org/class or call 800.342.9919 for information or to register.



Going strong with Gilda's on the Go

MultiCare Regional Cancer Center is partnering with Gilda's on the Go to bring Gilda's Club activities and events to Tacoma. All activities are free and open to the community.

GILDA'S ON THE GO

Visit gildasclubseattle.org/activities for a full listing of offerings.

Gilda's on the Go support groups

MultiCare Auburn Medical Center

- Gilda's on the Go Patient/Caregiver drop-in support group—second and fourth Wednesdays, 11am to 12:30pm

MultiCare Tacoma General Hospital

- All groups at Tacoma General are from 6 to 8pm. They are not drop-in; please call 866.200.2383 for more information.

- Young Adult Networking Group—second and fourth Mondays
- Wellness (for people with a cancer diagnosis)—second and fourth Tuesdays
- Family/Friends (caregivers)—second and fourth Tuesdays

A calendar of events, classes and screenings

January to April

Living Well With Chronic Conditions

This six-week workshop, offered through MultiCare's chronic disease management program, was developed at Stanford University and helps patients with chronic diseases learn self-management skills. Topics covered include eating well, managing stress, managing medications, setting goals, working with your health care team and more.

- MultiCare Allenmore Hospital, Basement Classroom

Wednesdays, May 14 through June 18, 9 to 11:30am

- MultiCare Covington Medical Center, Conference Room 2

Tuesdays, May 13 through June 17, 9 to 11:30am

- MultiCare Gig Harbor Medical Park, Community Room

Fridays, May 16 through June 20, 9:30am to noon

- MultiCare Good Samaritan Hospital, CTU Classroom

Wednesdays, March 12 through April 16, 9 to 11:30am

Call **253.792.6710** to register.

Our healthy community

Programs and activities to help build a healthier community

MultiCare Center for Healthy Living

Education and programs for community members and corporations. We promote health and wellness with exercise, nutrition, weight loss, life balance and tobacco cessation. This community resource is made possible by generous gifts donated through the MultiCare Health Foundation. 253.301.5095

Healthy@Work

Boost productivity and reduce absenteeism with this work-site wellness program. Program offerings include health screenings and health education programs and classes, all taught on-site for companies of all sizes.

253.301.5093

multicare.org/healthy-at-work

Sports Nutrition

- Sports-specific nutrition counseling
- Body fat testing using the Bod Pod
- Resting metabolic rate testing

For more information and pricing, visit multicare.org/sports-nutrition-tacoma or call 253.301.5091.

WIC Nutrition Program

Federal nutrition program for low-income pregnant and breastfeeding women and their children up to age 5.

MultiCare Mary Bridge Children's Hospital and other locations, 253.403.1349

Power Shopper

Develop your cart-smart skills by joining a tour of your local supermarket, led by a MultiCare dietitian. Save time and money as you learn the top decision points to make better choices. 253.301.5095

Family health and safety

Resources to help keep your kids safe and healthy

Children's Asthma Education

Education for children with asthma and their families. Parents, other caregivers, and children ages 8 and older are welcome to attend.

Mary Bridge Children's Health Center, 253.792.6630

PowerCook: A Month of Healthy Meals

Looking for a way to save time and make healthy family meals on a budget? Learn to PowerCook! Fix and freeze 30 nutritious meals and sample a few finished products. Taught by a registered dietitian and certified diabetes educator from MultiCare Health System. Fee: \$35; \$30 for YMCA members and MultiCare employees

For upcoming dates, please visit piercecountygetsfit.org or call 253.301.5095.

Life Jacket Loans

Free life jacket loans available year-round. Loaned for up to one week. Limited quantities. Available in Tacoma and Maple Valley by appointment.

• Tacoma, 253.403.1234.

multicare.org/childhoodsafety
• Maple Valley, multicare.org/maplevalley

Pediatric Weight and Family Wellness Clinic

Family wellness groups for children and teens ages 6 to 17 and their families.

multicare.org/marybridge/pediatric-weight-wellness
253.403.1237

Mary Bridge Mobile Immunization Clinic

For children from birth to 18 years old in Southwest Washington. Available at various locations.

253.403.1767 or
800.552.1419, ext. 1767
multicare.org/immunizationclinic

Children's Diabetes Education and Clinic

Individual education for children newly diagnosed with diabetes and for their families. By appointment for those

who need further education or review. Classes, camps and support groups also available.

Mary Bridge Children's Hospital & Health Center, 253.792.6630

Custom-Fit Helmets

Bring in your helmet, and have our trained staff custom-fit it. Wearer must be present.

• Tacoma (fittings only, by appointment), 253.403.1234
multicare.org/childhoodsafety

• Maple Valley (sales only, no appointment necessary),
multicare.org/maplevalley
• Puyallup (sales and fittings—call for prices and times), 253.697.7385

Car Seat Inspections

Car seat inspections and phone consultations by certified technicians.

- MultiCare Good Samaritan Hospital, Puyallup
Third Wednesday of the month, by appointment
Call 253.403.1417 to schedule an appointment.

- MultiCare Mary Bridge Center for Childhood Safety Safe and Sound Building, 1112 S. Fifth St., Tacoma Tuesdays, 9 to 10:30am, no appointment necessary.

- MultiCare Auburn Medical Center
Call 253.403.1417 for current schedule, location and appointments.

Other inspection locations and dates available periodically or by appointment. Call 253.403.1417 for a schedule, or visit multicare.org/childhoodsafety.



Unless otherwise noted, visit multicare.org/class or call 800.342.9919 for information or to register.

Stay Healthy

Resources to help adults stay active

Home Health Resources

Comprehensive in-home services provide nursing, therapy, social work and aide care to help people manage their illness and recovery at home.
253.301.6400 or 888.516.4504

MultiCare Celebrate Seniors

This senior membership program for people 55+ consists of people who are interested in maintaining good health and vitality throughout life. This program provides access to health education, information, discounts, socializing and volunteer opportunities.
253.697.7385

Adult Day Health

Promoting independence for older (and disabled younger) adults in Tacoma.
253.459.7222

Exercise for Seniors

Thursdays, 11am to noon
LifeCare Center of Puyallup, 511 10th Ave. SE, Puyallup
Call Daisha Cruz at 253.845.7566

Exercise for Parkinson's

Thursdays, 11am to noon
LifeCare Center of Puyallup, 511 10th Ave. SE, Puyallup
Call Daisha Cruz at 253.845.7566



Follow your heart to the YMCA

At the Y, we strive to help you achieve a balance of spirit, mind and body and connect with others. Discover your path to personal success with the support of caring staff and other members with shared interests and goals:

- In a group exercise class, like Zumba®, cycling, yoga or Pilates
- With a healthy living coach, creating a personal wellness plan
- On state-of-the-art exercise equipment, working toward a new goal
- Surrounded by supportive peers and knowledgeable staff

Learn more or register at ymcapkc.org.

Join online or at your local Y

Visit ymcapkc.org, or check out the location nearest you:

- Bremerton Family YMCA, 360.377.3741
- Haselwood Family YMCA, 360.698.9622 (Silverdale)
- Lakewood Family YMCA, 253.584.9622
- Mel Korum Family YMCA, 253.841.9622 (Puyallup)
- Morgan Family YMCA, 253.564.9622 (North Tacoma)
- Tacoma Center YMCA, 253.597.6444 (Downtown Tacoma)
- Tom Taylor Family YMCA, 253.853.9622 (Gig Harbor)

14th Annual Do Something Healthy

Thursday, Feb. 6, 6 to 8:30pm

Come out and "Do Something Healthy" at the Greater Tacoma Convention and Trade Center featuring gold medal winning Olympic gymnast Shawn Johnson. Doors open at 5:30pm, health fair starts at 6pm and Shawn takes the stage at 7pm.

- Health fair
- Free screenings
- Fun giveaways
- Moderated chat with Shawn Johnson
- Book signing with Shawn Johnson

Johnson's book, *Winning Balance*, will be available for purchase.

Register online at multicare.org or call 800.485.0205. Tickets are \$10 for adults and \$5 for kids 18 and under.

WINNING BALANCE
Shawn Johnson
OLYMPIC GOLD MEDALIST

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A calendar of events, classes and screenings

January to April

Get support

Groups and services to give you the support you need

Alzheimer's Support Group

A support group for people caring for a loved one with dementia.

Third Tuesday of each month, 5 to 6:30pm

Good Samaritan Behavioral

Health, 325 E. Pioneer Ave.,

Puyallup

Facilitator: Anita Kent,

253.697.8575,

anita.kent@multicare.org

Resource Center in the Dr. Richard C. Ostenson Cancer Center

The Cancer Resource Center provides patients and families with education and a wide range of support services to help them navigate through diagnosis, treatment and recovery.

253.697.4899

Pediatric Epilepsy and Seizure Support Group

For parents and caregivers of children and adolescents who have seizures or epilepsy.

Last Wednesday of the month, 6 to 8pm

Mary Bridge Children's Hospital & Health Center, large

boardroom, first floor, East Wing, 253.792.6630

Puyallup Caregiver Support Group

Open to anyone who is providing physical or emotional care or financial assistance to an older or disabled person.

Second Monday of each month, 1:30 to 3pm

Good Samaritan Behavioral Health, room C113, 325 E. Pioneer Ave., Puyallup

Facilitator: Madred Slaker,

madred.slaker@multicare.org

or 253.697.8536

Puyallup Cancer Support Group

For patients, caregivers, adult family members and friends. First Thursday of each month, 1 to 3pm

Dr. Richard C. Ostenson Cancer Center at Good Samaritan, 253.697.4899

Covington Women's Cancer Support Group

For women who are currently battling cancer or who are survivors.

Second Tuesday of each month, 6:30 to 8pm

MultiCare Covington Medical Center, Conference Room 2, 253.372.7293

Good Samaritan Mom and Baby Group

Support, education and information regarding community resources.

Tuesdays

• 10:30 to 11:30am: birth to 6 months old

• 11:30am to 12:30pm: 6 to 12 months old

253.697.5366

Mom and Baby Breastfeeding Support Group

Tuesdays, 10:30am to noon

Family Education Center, Rainier Pavilion, third floor,

MultiCare Tacoma General Hospital

Man-to-Man Prostate Cancer Support Group

Facilitated by trained volunteers who have recovered from prostate cancer.

First Wednesday of each month, 7 to 9pm

Dr. Richard C. Ostenson Cancer Center at Good Samaritan

Call Weldon Plett at

253.691.2267.

Tacoma Prostate Cancer Support Group

For the newly diagnosed as well as those with recurring disease. Family members, friends and medical professionals are welcome.

Second Thursday and fourth Tuesday of each month, 6pm University Place Presbyterian Church, 8101 27th St. W., University Place, tpcsc.info

Tacoma Cancer Support Group

For patients, caregivers, adult family members and friends.

Second and fourth Thursday of each month, 5:30 to 7:30pm Karterhagen Cancer Resource Center, Tacoma General Contact Betsy Allen at 253.403.3169

Hospice Bereavement Services

One-on-one support, groups and community referrals through MultiCare Good Samaritan • Home Health and Hospice.

253.301.6400 or

888.516.4504

Discoveries Support Groups

For families with children 4 to 18 years old who are coping with a family member's serious diagnosis. Concurrent groups for parents and children.

Mary Bridge Children's Hospital & Health Center, 253.272.8266

Puyallup Cardiac Support Group

Support for those who are dealing with heart disease. Family and friends are welcome. Facilitated by volunteer counselor and heart patient Ed Schultz.

Mondays, 9 to 10am

Meridian Professional Campus,

16515 Meridian E, Suite 201B,

Puyallup

253.697.8141

Auburn Caregiver Support Group

Providing resources, education and support to family members and caregivers providing physical and emotional care to individuals with dementia or other illnesses.

Second Thursday of each month, 6:30 to 8pm MultiCare Auburn Medical Center, Intensive Outpatient Room, first floor, adjacent to the aquarium

barbara.guerrero@multicare.org or 253.333.2776

Parkinson's Support Group

For people who have been diagnosed with Parkinson's disease and their support partners.

Third Thursday of each month, noon to 1:30pm LifeCare Center of Puyallup, 511 10th Ave. SE, Puyallup

Facilitator: Karen Williams,

karen.williams@lccca.com or

253.845.7566

BRIDGES: A Center for Grieving Children

Grief support groups for families with children 4 to 18 years old who have experienced the loss of a parent or sibling. Concurrent groups for parents and children.

Mary Bridge Children's Hospital & Health Center, 253.272.8266

Unless otherwise noted, visit multicare.org/class or call 800.342.9919 for information or to register.



Free

Learn about transfusion-free medical and surgical services

Join us for a free information session about these programs. Snacks and beverages will be provided. Call 800.368.5615 or 253.697.2722 to learn more.

Saturday, March 8, 1 to 3pm

MultiCare Auburn Medical Center, third floor, conference rooms 1 and 2

MultiCare Family Birth Centers

Childbirth and family education

MultiCare Auburn Medical Center,* MultiCare Good Samaritan Hospital and MultiCare Tacoma General Hospital are here to help you and your family better understand and prepare for the arrival of your baby. Our classes and experienced educators help you have a more satisfying birth experience.

For a current schedule or to sign up for classes, visit multicare.org/childbirthclasses.

To sign up over the phone, call 800.342.9919.
For other questions, call 253.697.5300.

MultiCare Family Birth Centers

Five-Week Childbirth Series

A comprehensive class covering everything from pregnancy, birth, comfort techniques, medications for birth and cesarean birth to postpartum, breastfeeding, and newborn care. Meet other expectant parents, tour our Birth Center with your educator and have plenty of time to get your questions answered. If you are hoping to avoid the use of pain medication for childbirth, this class offers the most practice with nonmedication pain relief techniques. Per class: 2½ hours; total series time: 12½ hours. Fee: \$90 or ProviderOne card

Childbirth: Two-Day Class

All the information of a five-week series, but moving much more quickly over two weekend days. Coping and support techniques for labor will be practiced both days. Tour of our Birth Center included. Each class day is 6½ hours with a lunch break.

Fee: \$90 or ProviderOne card

Childbirth: One-Day Class

Just the basics for those too busy to attend the longer classes or who desire a class that moves quickly. While all subjects are touched on, the primary focus of this class is to prepare you and your birth partner for the birth itself. Eight-hour class with a lunch break.

Fee: \$80 or ProviderOne card

Childbirth: Online Class

This online class offers prepared childbirth instruction in an easy-to-navigate, self-paced and convenient format. Topics covered are pregnancy, labor, birth stories, comfort techniques, medical procedures, cesarean birth, newborn care and postpartum. This class offers information in text, animation, video and 11 printable handouts. Total average viewing time is four to six hours.

Fee: \$45 (not ProviderOne-eligible)

Infant/Child CPR Class

Learn infant and child CPR and how to respond to choking. Or review your skills in this class taught by an experienced CPR instructor. 1½ hours for one-night class. Does not include CPR certification card.

Fee: \$20 per person

Just for You

This 4½-hour private class covers the prenatal education topics you select. Time and subjects are arranged with the instructor. Fee: \$175 (not ProviderOne-eligible)

Newborn Basics

This one-night class offers an in-depth preparation on what to expect from your newborn and how best to care for him or her when you get home from the hospital. Sleeping, feeding, diapering, bathing and safety issues will be covered with extra time for your questions or concerns. Three hours.

Fee: \$30 (not ProviderOne-eligible)

Big Brother/Big Sister

A fun 1½-hour class for 3- to 7-year-olds that helps prepare children to become older brothers or sisters. Class includes activities, safety issues and a Birth Center tour. Parents attend with their children.

Fee: \$15 per family (not ProviderOne-eligible)



Mom and Baby Support Group at Good Samaritan

This support group offers informative speakers; discussion of sleep, feeding and adjustment issues; baby weight checks; and encouragement and support. No need to sign up.

Tuesdays, 10:30 to 11:30am (for infants from birth to 6 months) and 11:30am to 12:30pm (for infants from 6 to 12 months)

Birth Center Classroom, Good Samaritan Hospital

\$5 suggested donation based on ability to pay

Birth Center Tours

View the private birthing suites, and get your questions about giving birth answered at Good Samaritan and Tacoma General hospitals. Information about registration, arrival at the hospital and what to expect during your stay will be included. Tours are free.

• Good Samaritan Hospital (30-minute tour)

Saturdays, 1pm
Family Birth Center lobby; no need to sign up

• Tacoma General Hospital (45-minute tour)

Three times monthly (see class schedule online)

• Auburn Medical Center

By appointment; call

253.333.2522

Mom and Baby Breastfeeding Support Group at Tacoma General Hospital

This free support group offers professional support for breastfeeding; baby weight checks; and discussion of sleep, feeding and adjustment issues. No need to sign up.

Tuesdays, 10:30am to noon
Family Education Center, Rainier Pavilion, third floor, MultiCare Tacoma General Hospital

Boot Camp for Dads

A dads-only class taught by an experienced father to help expectant dads prepare for their new role. Veteran dads bring their babies to class to help offer a realistic, hands-on learning opportunity for the rookies. Three hours.

Fee: \$25 (not ProviderOne-eligible)

Breastfeeding

This one-night class offers information on the benefits and the "how to" of breastfeeding. Suggestions for overcoming difficulties and strategies for working and breastfeeding will also be covered.

Fee: \$30

*Unless otherwise specified, all classes available at both Good Samaritan and Tacoma General. Classes currently offered at Auburn: One-Day Childbirth, Two-Day Childbirth, Big Brother/Big Sister and Newborn Basics.

Be inspired
by gold
medalist
Shawn
Johnson.
See p. 10



MultiCare Health System
P.O. Box 5299
Tacoma, WA 98415-0299

Nonprofit Org.
U.S. Postage
PAID
MultiCare
Health System



Renew your skin care routine

As your skin changes, your skin care should change with it. Products you have used before may not work as well now. New technology has made amazing advances in skin care products used to stave off the signs of aging. It may be time to re-evaluate your skin care needs.

Re-evaluate

The skin care professionals at MultiCare MedSpa invite you to have a complimentary consultation. We'll evaluate your current skin care and make recommendations to enhance the condition of your skin. Call a location to schedule your appointment today.

Need products at the time of your consultation? Receive 20 percent off your purchase!

Rejuvenate

During your consultation, your esthetician will recommend treatments to improve the condition of your skin even more. Resurface, exfoliate and revitalize for the health of your skin. Purchase a series and receive 15 percent off and the glowing complexion you deserve!

Series consist of five treatments, which include peels, microdermabrasion and facials. Express services are not included.

Remove unwanted hair

If you've been meaning to get rid of your unwanted hair—on your face, underarms, legs or bikini area—now is the time to start your sessions. You can show off your smooth and silky skin by summer!

Save \$50 on packages \$300 and up; \$100 on packages \$500 and up.

MultiCare Covington Medical Center
17700 SE 272nd Street
253.372.7008

MultiCare ENT, Allergy & Med Aesthetics – Puyallup
1609 S. Meridian
253.697.8980

MultiCare Gig Harbor Medical Park
4545 Pt. Fosdick Drive NW
253.530.8005

Promotional pricing
expires April 1, 2014. May
not be combined with
other discounts or offers.